

People at higher risk for food-borne illness:



- Infants
- Young children
- Pregnant women
- Older adults
- People with weakened immune systems or certain chronic diseases



FOOD SAFETY

Proper food handling

Steps that help ensure food is safe to eat:

Clean

- Wash hands and surfaces often.
- Rinse raw produce in water.



Cook

- Cook to proper temperatures to kill bacteria.
- Use a food thermometer. It's the only way to know if food has been cooked to a safe internal temperature.



Chill

- Refrigerate promptly.
- Defrost in the refrigerator, never at room temperature.



Separate

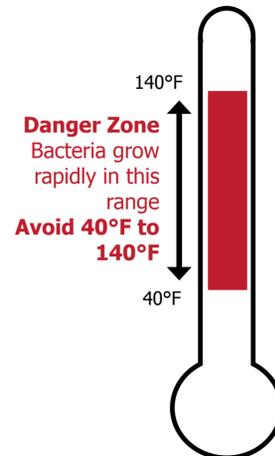
- Don't cross-contaminate.
- Use a different cutting board for raw meat than for produce.



The "Danger Zone"

Bacteria thrive between 40 degrees F to 140 degrees F.

- Keep hot foods hot.
 - ◊ 140 degrees F or above.
- Keep cold foods cold.
 - ◊ 40 degrees F or below.



MYTH

If you get sick from eating a food, it was from the last food you ate.

FACT

Symptoms can appear 30 minutes to six weeks after eating an unsafe food.

When in doubt - throw it out!

Throw perishable food out if....

- Left at room temperature for more than 2 hours.
- Left out in temperatures above 90 degrees F for more than 1 hour.



Symptoms of eating an unsafe food:

- Upset stomach
- Diarrhea
- Fever
- Vomiting

Rare and Severe symptoms include:

- Paralysis
- Death



Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to: dss.mo.gov/fsd/fstamp/

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